



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 09022, Apricots, canned, water pack, with skin, solids and liquids**

Report Date: June 27, 2017 23:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 243g	1 apricot half with liquid 36g
<b>Proximates</b>						
Water	g	92.36	42	0.122	224.43	33.25
Energy	kcal	27	--	--	66	10
Energy	kJ	113	--	--	275	41
Protein	g	0.71	10	0.020	1.73	0.26
Total lipid (fat)	g	0.16	8	0.027	0.39	0.06
Ash	g	0.38	--	--	0.92	0.14
Carbohydrate, by difference	g	6.39	--	--	15.53	2.30
Fiber, total dietary	g	1.6	--	--	3.9	0.6
Sugars, total	g	4.79	--	--	11.64	1.72
<b>Minerals</b>						
Calcium, Ca	mg	8	9	0.467	19	3
Iron, Fe	mg	0.32	--	--	0.78	0.12
Magnesium, Mg	mg	7	8	0.760	17	3
Phosphorus, P	mg	13	9	1.564	32	5
Potassium, K	mg	192	37	9.989	467	69
Sodium, Na	mg	3	37	0.161	7	1
Zinc, Zn	mg	0.11	--	--	0.27	0.04
Copper, Cu	mg	0.082	--	--	0.199	0.030
Manganese, Mn	mg	0.053	--	--	0.129	0.019
Selenium, Se	µg	0.1	--	--	0.2	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	3.4	19	0.161	8.3	1.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 243g	1 apricot half with liquid 36g
Thiamin	mg	0.021	--	--	0.051	0.008
Riboflavin	mg	0.023	--	--	0.056	0.008
Niacin	mg	0.395	--	--	0.960	0.142
Pantothenic acid	mg	0.092	--	--	0.224	0.033
Vitamin B-6	mg	0.054	--	--	0.131	0.019
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	1.8	--	--	4.4	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	98	--	--	238	35
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1170	--	--	2843	421
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	11	--	--	27	4
Vitamin A, IU	IU	1959	--	--	4760	705
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	26	--	--	63	9
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	1.46	0.22
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	5.3	0.8
<b>Lipids</b>						
Fatty acids, total saturated	g	0.011	--	--	0.027	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 243g	1 apricot half with liquid 36g
16:0	g	0.010	--	--	0.024	0.004
18:0	g	0.001	--	--	0.002	0.000
Fatty acids, total monounsaturated	g	0.069	--	--	0.168	0.025
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.069	--	--	0.168	0.025
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.075	0.011
18:2 undifferentiated	g	0.031	--	--	0.075	0.011
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.013	24	--	0.032	0.005
Threonine	g	0.026	24	--	0.063	0.009
Isoleucine	g	0.022	24	--	0.053	0.008
Leucine	g	0.042	24	--	0.102	0.015
Lysine	g	0.049	24	--	0.119	0.018
Methionine	g	0.004	24	--	0.010	0.001
Cystine	g	0.002	24	--	0.005	0.001
Phenylalanine	g	0.030	24	--	0.073	0.011
Tyrosine	g	0.017	24	--	0.041	0.006
Valine	g	0.026	24	--	0.063	0.009
Arginine	g	0.028	24	--	0.068	0.010
Histidine	g	0.012	24	--	0.029	0.004
Alanine	g	0.035	24	--	0.085	0.013
Aspartic acid	g	0.163	24	--	0.396	0.059
Glutamic acid	g	0.072	24	--	0.175	0.026

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 243g	1 apricot half with liquid 36g
Glycine	g	0.022	24	--	0.053	0.008
Proline	g	0.043	24	--	0.104	0.015
Serine	g	0.041	24	--	0.100	0.015
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0